SEPTEMBER ✳ 2015

336.222.5135

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 a.m. Open Art 10 a.m. Guilford Mackintosh Hike 10 a.m. AARP meeting 2 p.m. Auto Harp lessons 6 p.m. Tone Up Exercise 6:30 p.m. Duplicate Bridge	**2** 11 a.m. Table Tennis 12 noon – Crochet, Knit, & Tatting 12:30 p.m. Mah Jongg 1 p.m. Coverdish Birthday Bingo 1 p.m. Smart phone class - IPhone 2:30 p.m. Smart Phone Class - Android 6 p.m. Table Tennis 6 p.m. Card/Game Party 6 p.m. Computer Lab	**3** 9:30 a.m. Bocce 10 a.m. Federation of the Blind 1 p.m. Duplicate Bridge 6 p.m. Tone Up Exercise Class	**4** 10 a.m. Darts 10 a.m. Golden Harmonies Choir Practice 12:30 p.m. Game & Card Party 1 p.m. Computer lab
7 Closed in observance of Labor Day	**8** 8:30-10:30 a.m. Guided Paddle for Seniors 9:30 a.m. Open Art 10 am Arthritis Exercise 2 p.m. Auto harp lessons 6 p.m. Tone Up Exercise 6:30 p.m. Duplicate Bridge Legal Assistance by appointment	**9** 11 a.m. Table Tennis 12 noon – Crochet, Knit, & Tatting 12:30 p.m. Mah Jongg 1 p.m. Smart phone class - IPhone 2:30 p.m. Smart Phone Class - Android 6 p.m. Table Tennis 6 p.m. Card & Game Party 6 p.m. Computer Lab	**10** 9:30 a.m. Bocce 10 a.m. Arthritis Exercise 11 a.m. Weight Accountability Group 1 p.m. Duplicate Bridge 6 p.m. Tone Up Exercise Class	**11** 10 a.m. Darts 10 a.m. Golden Harmonies Choir Practice 1 p.m. Computer lab 1 p.m. Movie
14 9 a.m. Crochet, Tatting & Knitting 9 a.m. Beginner Facebook 10 a.m. Table Tennis 10 a.m. Adv Facebook 12:30 p.m. Card & Game party 1 p.m. Beginner Internet 1 p.m. Drama Club 2:30 p.m. Adv Internet 6:30 p.m. Duplicate Bridge	**15** 9:30 a.m. Open Art 10 a.m. Hillsborough River Walk Hike 10 a.m. Arthritis Exercise 11 a.m. Meet your Tar Heel Legislature 1 p.m. Golden Harmonies Musical Presentation 6 p.m. Beginner Facebook 6 p.m. Tone Up Exercise 6:30 p.m. Duplicate Bridge 7:30 p.m. Adv Facebook	**16** 10:30 a.m. Blood Pressure check 11 a.m. Table Tennis 12 noon – Crochet, Knit, & Tatting 12:30 p.m. Mah Jongg 1 p.m. Smart phone class - IPhone 2:30 p.m. Smart Phone Class - Android 6 p.m. Table Tennis 6 p.m. Card/Game Party 6 p.m. Computer Lab	**17** 9:30 a.m. Bocce 10 a.m. Arthritis Exercise 11 a.m. Weight Accountability Group 1 p.m. Duplicate Bridge 1:00 p.m. Burlington Senior Club 6 p.m. Tone Up Exercise Class	**18** 10 a.m. Darts 10 a.m. Golden Harmonies Choir Practice 1 p.m. Computer lab
21 9 a.m. Crochet, Tatting & Knitting 9 a.m. Beginner Facebook 10 a.m. Table Tennis 10 a.m. Adv Facebook 12:30 p.m. Card & Game Party 1 p.m. Beginner Internet 1 p.m. Drama Club 1 p.m. Quilting class 2:30 p.m. Adv Internet 6:30 p.m. Duplicate Bridge	**22** 8:30-10:30am Guided Paddle for Seniors 9:30 a.m. Open Art 9:30 a.m. Walk With Ease 10 a.m. Arthritis Exercise 2 p.m. Auto Harp Lessons 1 p.m. Mt. Zion Bingo 6 p.m. Beginner Facebook 6 p.m. Tone Up Exercise 6:30 p.m. Duplicate Bridge 7:30 p.m. Adv Facebook	**23** 8:30 a.m. Kayaking for seniors 9:30 a.m. Walk With Ease 11 a.m. Table Tennis 12 noon Crochet/Knit/Tatting 12:30 p.m. Mah Jongg 1 p.m. Smart phone class - IPhone 2 p.m. Alamance Read Book discussion 2:30 p.m. Smart phone class - Android 6 p.m. Table Tennis 6 p.m. Card/Game Party 6 p.m. Computer Lab	**24** 9:30 a.m. Bocce 10 a.m. Arthritis Exercise 10 a.m. Disaster Preparedness 11 a.m. Weight Accountability Group 1 p.m. Duplicate Bridge 6 p.m. Tone Up Exercise Class	**25** 9:30 a.m. Walk With Ease 10 a.m. Darts 10 a.m. Golden Harmonies Choir Practice 1 p.m. Computer lab
28 9 a.m. Crochet, Tatting & Knitting 9 a.m. Beginner Facebook 10 a.m. Table Tennis 10 a.m. Adv Facebook 10 a.m. Forest Hills Club 12:30 p.m. Card/Game Party 1 p.m. Beginner Internet 1 p.m. Drama Club 1:30 p.m. Mayco Bigelow Club 2:30 p.m. Adv Internet 6:30 p.m. Duplicate Bridge	**29** 9:30 a.m. Open Art 9:30 a.m. Walk With Ease 10 a.m. Hanging Rock State Park Hike 10 a.m. Arthritis Exercise 2 p.m. Auto Harp Lessons 6 p.m. Beginner Facebook 6 p.m. Tone Up Exercise 6:30 p.m. Duplicate Bridge 7:30 p.m. Adv Facebook	**30** 9 a.m. Trip to Wytheville, Va. 9:30 a.m. Walk With Ease 11 a.m. Table Tennis 11:30 a.m. Elmira Club 12 noon – Crochet, Knit, & Tatting 12:30 p.m. Mah Jongg 6 p.m. Table Tennis 6 p.m. Card & Game Party 6 p.m. Computer Lab	*Activities* **Kernodle** **activities** for SEPTEMBER

OCTOBER ✳ 2015

336.222.5135

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Activities **Kernodle** activities for OCTOBER			**1** 9:30 a.m. Bocce 10 a.m. White Cane Event 10 a.m. Arthritis Exercise 11 a.m. Weight Accountability Group 1 p.m. Duplicate Bridge 6 p.m. Tone Up Exercise Class	**2** 9:30 a.m. Walk With Ease 10 a.m. Darts 10 a.m. Golden Harmonies Choir Practice 1 p.m. Computer lab
5 9 a.m. Crochet, Tatting & Knitting 9 a.m. Beginner Facebook 10 a.m. Christmas Lights Class 10 a.m. Table Tennis 10 a.m. Adv Facebook 12:30 p.m. Card/Game Party 1 p.m. Beginner Internet 1 p.m. Drama Club 1 p.m. Quilting Class 2:30 p.m. Adv Internet 6:30 p.m. Duplicate Bridge	**6** 9:30 a.m. Open Art 9:30 a.m. Walk With Ease 10 a.m. Arthritis Exercise 10 a.m. AARP meeting 2 p.m. Auto Harp Lessons 6 p.m. Beginner Facebook 6:30 p.m. Duplicate Bridge 7:30 p.m. Advanced Facebook	**7** 9:30 a.m. Walk With Ease 11 a.m. Table Tennis 12 noon Crochet/Knit/Tatting 12:30 p.m. Mah Jongg 12:45 p.m. Canoe Trip 1 p.m. Birthday Coverdish Bingo 1 p.m. Smart phone class - IPhone 2:30 p.m. Smart Phone Class - Android 6 p.m. Table Tennis 6 p.m. Game & Card Party 6 p.m. Computer Lab	**8** 9:30 a.m. Bocce 10 a.m. Arthritis Exercise 10 a.m. Resource Fair 11 a.m. Weight Accountability Group 1 p.m. Duplicate Bridge	**9** 9:30 a.m. Walk With Ease 10 a.m. Darts 10 a.m. Golden Harmonies Choir Practice 1 p.m. Computer lab 1 p.m. Movie
12 9 a.m. Crochet, Tatting & Knitting 9 a.m. Beginner Facebook 10 a.m. Christmas Lights Class 10 a.m. Table Tennis 10 a.m. Adv Facebook 12:30 p.m. Card/Game Party 1 p.m. Beginner Internet 1 p.m. Drama club 2:30 p.m. Adv Internet 6:30 p.m. Duplicate Bridge	**13** 8:45 a.m. Boone trip 9:30 a.m. Open Art 9:30 a.m. Walk With Ease 10 a.m. Cedar Rock Park Hike 10 a.m. Arthritis Exercise 2 p.m. Auto Harp Lessons 6 p.m. Smart Phone Class - IPhone 6 p.m. Tone Up Exercise Class 6:30 p.m. Duplicate Bridge 7:30 p.m. Smart phone class - Android Legal Assistance by Appt	**14** 9:30 a.m. Walk With Ease 11 a.m. Table Tennis 12 noon Crochet, Knit, & Tatting 12:30 p.m. Mah Jongg 1 p.m. Smart phone class - IPhone 2:30 p.m. Smart Phone Class - Android 6 p.m. Table Tennis 6 p.m. Game & Card Party 6 p.m. Computer Lab	**15** 9:30 a.m. Bocce 10 a.m. Arthritis Exercise 11 a.m. Weight Accountability Group 1 p.m. Duplicate Bridge 1:00 p.m. Burlington Senior Club 6 p.m. Tone Up Exercise Class	**16** 9:30 a.m. Walk With Ease 10 a.m. Darts 10 a.m. Golden Harmonies Choir Practice 1 p.m. Computer lab
19 9 a.m. Crochet, Tatting & Knitting 9 a.m. Beginner Facebook 10 a.m. Christmas Lights Class 10 a.m. Table Tennis 10 a.m. Adv Facebook 12:30 p.m. Card/Game Party 1 p.m. Beginner Internet 1 p.m. Drama Club 1 p.m. Quilting Class 2:30 p.m. Adv Internet 6:30 p.m. Duplicate Bridge	**20** 7:30 a.m. Bus to State Fair 9:30 a.m. Walk with Ease 9:30 a.m. Open Art 10 a.m. Arthritis Exercise 10 a.m. Smart Driver Class 2 p.m. Auto Harp Lessons 6 p.m. Smart Phone Class - IPhone 6 p.m. Tone Up Exercise 6:30 p.m. Duplicate Bridge 7:30 p.m. Smart Phone Class - Android	**21** 9:30 a.m. Walk With Ease 10:30 a.m. Blood Pressure Check 11 a.m. Table Tennis 12 noon Crochet/Knit/Tatting 12:30 p.m. Mah Jongg 1 p.m. Smart phone class - IPhone 2:30 p.m. Smart Phone Class - Android 6 p.m. Table Tennis 6 p.m. Game & Card Party 6 p.m. Computer Lab	**22** 9:30 a.m. Bocce 10 a.m. Arthritis Exercise 11 a.m. Weight Accountability Group 1 p.m. Duplicate Bridge 6 p.m. Tone Up Exercise Class	**23** 8:30-10:30 a.m. Guided Paddle for Seniors 9:30 a.m. Walk With Ease 10 a.m. Darts 10 a.m. Golden Harmonies Choir Practice 1 p.m. Computer lab
26 9 a.m. Crochet, Tatting & Knitting 9 a.m. Beginner Facebook 10 a.m. Table Tennis 10 a.m. Adv Facebook 10 a.m. Forest Hills Club 12:30 p.m. Card/Game Party 1 p.m. Beginner Internet 1 p.m. Drama Club 1:30 p.m. Mayco Bigelow Club 2:30 p.m. Adv Internet 6:30 p.m. Duplicate Bridge	**27** 9:30 a.m. Open Art 9:30 a.m. Walk with Ease 10 a.m. Eno River State Park Hike 10 a.m. Arthritis Exercise 2 p.m. Auto Harp Lessons 1 p.m. Mt. Zion Bingo 6 p.m. Smart Phone Class - IPhone 6 p.m. Tone Up Exercise 6:30 p.m. Duplicate Bridge 7:30 p.m. Smart Phone Class – Android	**28** 9:30 a.m. Walk With Ease 11 a.m. Table Tennis 11:30 p.m. Elmira Club 12 noon Crochet, Knit, & Tatting 12:30 p.m. Mah Jongg 1 p.m. Smart phone class - IPhone 2:30 p.m. Smart Phone Class - Android 6 p.m. Table Tennis 6 p.m. Game/Card Party 6 p.m. Computer Lab	**29** 9:30 a.m. Bocce 10 a.m. Arthritis Exercise 11 a.m. Weight Accountability Group 1 p.m. Duplicate Bridge 1 p.m. Volunteer Appreciation Luncheon 6 p.m. Tone Up Exercise Class	**30** 9:30 a.m. Walk With Ease 10 a.m. Darts 10 a.m. Golden Harmonies Choir Practice 1 p.m. Computer lab